

Sports Supplements

UK market valued at ~£300 million in 2013

Rate of contamination of supplements widely available to buy in the UK, Europe & USA is between 10-25%



SWIM IRELAND

Nutritional supplements are not regulated for safety, potency, purity or efficacy

44% of positive tests in the UK in 2012 thought to have been the consequence of prohibited substances in supplements



#1



What age are you?

Under 18

Supplements are not recommended. Athletes should follow a 'food first' approach

Over 18

Athletes should follow a 'food first' approach before taking supplements. Supplements should only be used once athletes have "assessed the need" prior to use. Always consult a qualified sports nutritionist.

#2



'Food First' Approach

Food is incredibly powerful when it comes to improving athletic performance



The volume and type of foods you eat reduces the risk of illness and injury therefore giving you more time to train

When and what you eat facilitates the adaptation to training, acting as an amplifier to the training you perform

For more information look up the 'Nutrition Commandments for Swimming' on the website





Why are supplements such a high risk?

- Some supplements contain banned substances
- Some supplements can be contaminated during the manufacturing process
- Some supplements will list ingredients on the label differently to how they would appear on the Prohibited List
- Risk of counterfeit (fake) supplements, especially when purchased online

What is a supplement?

Sports supplements can come in many different forms including:
Vitamin and minerals, Gels & bars, Meal replacements, Sports drinks, Protein powders
and other Ergogenic aids such as caffeine, creatine, bicarbonate, beetroot etc

#3

Before using a supplement....

ASSESS THE NEED

Do you need the supplement?
Diet, lifestyle and training should all be optimised before considering supplements

ASSESS THE RISK

Assess the associated risks and make informed decisions about the product you want to take.
Undertake thorough internet research on supplement

ASSESS THE CONSEQUENCES

Remember STRICT LIABILITY

#4

Risk Minimisation

www.informed-sport.com

Testing and certification programme - products are regularly tested for prohibited substances and manufactured to strict standards

Not a 100% guarantee that a supplement is totally free of contamination

Always search for your product EVEN if it has the logo on the packaging!

#5

Batch Certificate

Make sure the batch number on the product matches the one on the certificate

Always keep a copy of the batch certificate and a sample of your supplement

Having a batch certificate shows that you have researched the supplement and taken steps to minimise your risk

#6

SUMMARY

Always go for the 'Food First' Approach to improving athletic performance

Supplements are not recommended for U18s

Get advice from a qualified Performance Nutritionist

Assess the Need, Risk and Consequences before taking supplements

Use Informed Sport to check your supplement

Get a batch certificate for your supplement

#7